

Anishnawbe Mushkiki

Healthy Beginnings Programs



Healthy Beginnings (pre/postnatal)

Learn about pregnancy and early childhood development

***1st & 2nd Monday of each month 12:30-2:30pm lunch included**

@ Unit 16 Blucher Crescent (Blucher, Picton, Windsor Community Action Group)

*** 3rd & 4th Monday of each month 12:30-2:30pm lunch included @ Unit 87**

Limbrick Resource Centre

Call Sheila for more information 623-0383, ext. 210

Healthy Beginnings (postnatal newborn-1yrs)

Parent/child activities, learn about infant care, early childhood development and support

*** Thursday, 10:00am –12:00 noon @ Algonquin School/ Best Start Hub**

160 Algonquin Ave. S

Call Martha for more information 623-0383, extension 233

Kindred Kitchen

Learn to make healthy meals on a limited budget and learn about nutrition

*** twice a month on Tuesday from 11:00am –1:30pm**

Call Martha 623-0383, ext. 233 for dates and locations or see our monthly calendar for more information